

**The Gourmet
Restaurant**
DINNER BUFFET: \$10.95
**GOOD FOOD
GREAT VALUE!**
405 MAIN STREET, PORT COLBORNE
905-834-6683

FRIDAY, MAY 14, 2010

Volunteers

Volunteers are important to many organizations. Page 4

Winding roads

Columnist George Duma takes the scenic route. Page 5

Good food

Port's Lobster and Laughs coming to Sherkston. Page 10

Reunion

Port High classmates gather in Burlington. Page 17

ROOFING
Residential & Commercial
**PERSONAL
TOUCH**
Home Improvements
Professional Work with a Personal Touch
2601 Hwy #20 EAST • FONTHILL 905-892-6177

IMPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 19 VOLUME 14

For news updated daily see www.inportnews.ca

MORE SPACE

New location

InPort News Staff

With an expanding product line and customer base, The Healthy Cupboard's quarters were getting a little cramped.

So, store owner Ian Birrell were looking for a new location to move to in the city and he found it downtown.

See **HEALTHY** | Page 2

INSERTS Full Distribution

**The Healthy
Cupboard**

Selected Areas

EDDA BOGGIO
PHARMACY LTD.

SmartSource

HOMES
extra

ADVERTISING

DAVE JOHNSON
InPort News Staff

NIGARA FALLS, N.Y. — Alexis Davis stopped Tonya Evinger in the third round of their fight last week at Raging Wolf VII: Mayhem in the Mist series at Seneca Niagara Casino and Hotel and kept her championship belt.

"I feel better than I look," said Davis, with a fair-sized cut over her left eye and a puffy face from the fight.

"She is one hell of a fighter."

Davis, who fights out of Dayboll Jiu-Jitsu and Fitness Academy in Port Colborne, said Evinger hit her with a couple of good punches in the first round.

"Her right was pretty hard."

Evinger, a woman, took the fight to the ground in the first round and maintained pressure on Davis. The Sacramento, Calif.-based fighter took the round 10-8 over Davis on all three judges scorecards.

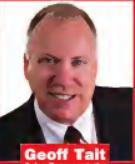
See **RAGING** | Page 2

DAVE JOHNSON Staff Photo

Dave Dayboll, of Dayboll Jiu-Jitsu and Fitness Academy, cleans up fighter Alexis Davis after her victory over Tonya Evinger last week.



Port fighters beat opponents



Now YOU have a friend in the Real Estate Business
Call Geoff Tait for the personalized
service that YOU deserve.

OFFICE 905-834-9000 • Real Estate HOTLINE 905-321-5111

ROYAL LE PAGE

Niagara Real Estate
Centre Brokerage

■ **HEALTHY CUPBOARD:** New store downtown



DAVE JOHNSON Staff Photo

Ian Birrell, owner of The Healthy Cupboard, stocks the shelves in the store's new downtown location.

Bigger store, more products

FROM PAGE 1

"We needed a bigger space," said Birrell.

He said the store started off 11 years ago at Main St. and then moved over to Porta Village Plaza at Steele St. and Killaly St. W.

"We wanted to be downtown, so we're in a great location."

The new location, at 101 Clarence St., is 1,500 square-feet and has a center counter area that is moveable, to allow for seminars to be held inside the store.

Birrell has been able to expand the amount of health foods, supplements, vitamins, herbs, natural care products, and organic products the store carries.

People can now fill 18.9L water bottles in-store, at the water bottle filling station, which is new.

Since moving to Clarence St., Birrell has seen an increase in traffic.

He said Fridays are busier with people walking past on their way to and from the farmers' market.

FROM PAGE 1

When the second round started, the two fighters traded some punches and Evinger took Davis down again, but she wasn't worried.

"I've been doing this for so long, I just stayed calm."

Even while on the ground, she could hear trainer Dave Dayboll yelling instructions to her from the corner.

She was able to turn the fight around using her jiu-jitsu training and skills and ended up taking the round 10-9 on all three judges score cards.

Coming out in the third round, Davis was the more dominant fighter and took the fight to Evinger, who replaced Davis's original opponent on short notice.

"She seemed gassed," Davis said.

The Port Colborne-based fighter had been trying to lock a submission on Evinger and at 1:47 into the third round, when Evinger's sink is a choked choke ending the fight. In a display of sportsmanship common in mixed martial arts, Davis helped up her opponent up off the canvas.

With the crowd of more than 2,000 cheering for her, Raging Wolf presented the trophy to Seneca wrapped the belt around Davis's waist after the fight was over.

The fighter said she didn't know what was next for her.

"I want more fights," she said, "adding she'd like to avenge some of her losses to fighters Shayna Baszler, Tara LaRosa and Sarah Kaufman."

Raging Wolf is currently in fight 19, but Davis didn't know yet whether she'd be fighting on that card. She had nothing but praise for the organization though.

"Raging Wolf has been awesome, lots of fighters don't have female fighters as their main support."

But before she takes any fights, Davis will be headed back into the gym for more training.

Asked if she felt there was anything she needed to work on, Davis said "everything."

"I can always improve my stand up and take down," she said.

Davis's teammate Sammy Pascuzzi was also victorious Saturday night, winning his first professional mixed martial arts fight.

Pascuzzi took on Buffalo-based fighter T.J. Sumler, a southpaw, and dominated all three rounds.

In a post-fight interview, Pascuzzi said Sumler dazed him with a couple of good shots in the second round.

But the 36-year-old fighter didn't go down. Instead, he took the fight to the ground where his jiu-jitsu skills took over.

"I feel more comfortable on the ground."

Using punches and elbows, Pascuzzi was able to take the fight to Sumler.

"My elbows are sore, he has a really hard head."

He also used inside leg kicks to keep the more-experienced Sumler away from him.

"When he came in with a wild left, I took him down."

On the ground Pascuzzi was easily able to control Sumler, moving him around with a technique he and Dayboll call the Rhino.

The two said the technique calls for a fighter to stick his or her head under another fighter's chin.

"It creates pressure on them and you can steer them around," Pascuzzi said.

He said the technique allowed him to move his opponent around the "Wolfagon," as the ring in Raging Wolf is called, around the ring.

And while fighting Sumler, Pascuzzi listened to advice and instructions being called out by Dayboll from his corner and made the necessary adjustments.

Though Pascuzzi isn't sure when he'll be fighting next, he said Raging

Wolf wants him to challenge welter-weight champion Alan Arzeno, who had previously defeated Sumler to win the belt.

Asked if he thought he sked if he thought he was ready to take on the champ, Pascuzzi said, "Dave will tell me when he's ready."

But before any fight takes place again, Pascuzzi, like Davis, will be headed back to the gym to work on all aspects on his fighting.

"There's so much to learn," he said.

Dayboll said he was happy with the results of both fights Saturday evening.

"Wendy (Dayboll's wife) and I are very proud of both of them. They executed their game plans and listened between rounds," said Dayboll.

See page 3 for more photos by InPort's Dave Johnson

djohnson@wellandtribune.ca



DAVE JOHNSON Staff Photo

Sammy Pascuzzi's arm is raised by a referee after he beat T.J. Sumler.

Got Back Pain?

AVOID BACK SURGERY

WITH NON-SURGICAL
SPINAL DECOMPRESSION

KING ST. FAMILY CHIROPRACTIC 550 KING STREET, PORT COLBORNE 905-834-5551



portraits



Visit us at our
The Healthy Cupboard 
NEW DOWNTOWN LOCATION
101 CLARENCE ST.
(Across from FOOD BASICS)

64172846

healthycupboard@gmail.com
905-835-9806

INPORT NEWS

Published by InPort News
 Osprey Media Publishing Inc.
 228 East Main St., P.O. Box 278
 Welland, ON L3B 5P5
 Tel: 905-732-2411 Fax: 905-732-3660
Inport@wellandtribune.ca
 Ken Koyama, publisher, general manager

SUN MEDIA
 A Canadian Media Company

I'VE BEEN THINKING

About forgiveness

REV. THOMAS P. ARTH
 First Evangelical Lutheran Church

One of the few things that various world religions have in common is the idea of sin.

It may be expressed with that term but most religions would use the same ideal for life and would agree that humans don't live up to that ideal. Judaism, Christianity, and Islam believe that sin creates a barrier between humans and God.

Relationship is broken and somehow people need to be saved and have a relationship with God restored.

How that happens differs between religions. Even within a religion there can be different beliefs as to how this restoration is to be done.

I'm no expert on other religions and I can't even claim to be totally versed on the subtle differences within Christianity. But I feel pretty safe in saying that a common belief in all branches of Christianity is a belief in God's forgiveness.

I remember when I was still a seminary student on my internship. I was teaching a confirmation class, a group of 12 and 13 year olds who weren't all that interested in what I had to say to them.

I asked, "What does God do when we mess up?" and I don't think most of them even heard me ask the question. Most of the time I didn't even expect an attempt at an answer but from the noise made by the boys horsing around one of the girls piped up with an answer.

"She said all we have to do is forgive herself so the answer sounded more like a question.

She said, "Forgives?!"

She was absolutely right. What does God do when we mess up? What does God do with our sin? What does God do to restore our broken relationship? God forgives.

The Bible says, "If we say that we have not sinned, we are fooling ourselves, and the truth isn't in our hearts. But if we confess our sins, God who is faithful to us will forgive us and take our sins away" (1 John 1:8-9).

Not only does God forgive us, we are commanded to forgive others. In the prayer Jesus taught to his disciples we pray, "Forgive us for doing wrong, as we forgive others" (Matthew 6:12).

There was also a time when one of Jesus' disciples asked just how often we should forgive. "How many times should I forgive someone who does something wrong to me? Is seven times enough?"

Jesus answered: "Not just seven times, but seventy-seven times!" (Matthew 18:21-22). Jesus wasn't just giving him a higher number, he was telling him to stop keeping score. Just forgive.

I don't think we realize the power of forgiveness. The world has become kind of bland. It has become a "Yeah, whatever."

No sweat. Just don't do it again." But the concept of forgiveness in the Bible is a life-changing thing. It's a creative act.

New life springs from forgiveness. "Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. Love is more important than any-



Forgiveness does not say the action was not wrong. Forgiveness does not dismiss the fact that evil exists and happens.

thing else.

It is what ties everything completely together" (Colossians 3:13-14).

That can be hard for some of us to take. Some things might be easier to forgive than others. Some things might seem totally unforgivable.

In 2006 a gunman took hostage and then shot and killed five young girls before taking his own life in an Amish schoolhouse in Pennsylvania.

One would think that such an evil act would be unforgivable, but the families, the parents of those children, forgave the killer.

Those who know about Amish life and culture and faith explained that their willingness to forgive does not undo the tragedy or pardon the wrong, but rather constitutes a first step toward a future that is more hopeful.

There's an important point in there. Forgiveness does not say the action was not wrong. Forgiveness does not dismiss the fact that evil exists and happens.

Forgiveness does not mean there are no consequences. Forgiveness doesn't mean that we shouldn't try to right the wrongs we have done.

Forgiveness allows for reconciliation and a future that is more hopeful.

Recently there has been frequent attention in the media to sinful actions in parts of the Christian Church. The alleged acts of corruption and abuse of the clergy were kept quiet or ignored, or overlooked.

These acts were evil, perpetrated by people who held positions of power and trust against the innocent and vulnerable. Does that mean those actions are unforgivable? No. Does that mean those actions should not be punished? No. The consequences of sin remain and certain punishments are required by law.

That is the application of the Christian faith. We confess it in our worship when we confess our faith by reciting the creeds of the church. The heart of the Christian message of salvation is reconciliation.

"God was in Christ, offering peace and forgiveness to the people of this world. And he has given us the work of sharing his message about peace" (2 Corinthians 5:19).

We are made right with God and given new life, a life and future that is hopeful, by God's grace and mercy. Our actions will have consequences and may deserve punishment.

Relationships become broken. But by God's grace relationships can be mended. Reconciliation can take place. Forgiveness can lead to new life and a future with hope.

ourview

Volunteers keep groups running

Without volunteers, Port Cares couldn't provide a vast array of services to its clients.

Services such as the soup kitchen and fundraisers couldn't operate or generate funds if some of the organization's 150 volunteers didn't step up to the plate and help out.

"Volunteers are the heart of Port Cares, the work of Port Cares," said executive director Lynda Reinhart.

"Volunteering is much more than a job — it's a chance to be part of a team."

And it's not just Port Cares that relies on volunteers, many organizations in Port Colborne and Wainfleet rely on them.

Despite the many local volunteers that are out there, these days it's harder and harder for groups and events like Marshville Heritage Festival, Canal Days, Heart and Stroke Foundation and many more, to attract them.

Many volunteers are getting older and slowing down in the work they do.

Unfortunately in many cases, they aren't being replaced by anyone younger.

We understand it is harder these days to contribute time to a group, organization, or an event due to time constraints people face every day.

But, as Reinhart said, volunteering is much more than "it's a chance to be part of a team."

Volunteering can give a person a sense of satisfaction, belonging, of community and depending on where one volunteers, can help make a difference in another person's life.

Congratulations

We'd like to congratulate Port Colborne fighters Alexis Davis and Sammy Pascuzzi on their victories last weekend in Niagara Falls, N.Y.

Both fighters put on a great show and did themselves, their gym — Dayboll Jiu-Jitsu and Fitness Academy, their trainer/coach — Dave Dayboll, and the city proud.

They have both shown that hard work, commitment and effort pay off no matter what you do.

We wish them continued success in their mixed martial arts careers and hope to see many more of their fights.

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact DAVE JOHNSON.

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

Driving the winding roads of wine route's west end



George Duma
BY GEORGE

Each season brings traditions, tasks, duties, the things we do need to do. Some are chores, while others are not; they are more in the category of labours of love. But they simply must get done.

Each spring for the last couple of years, I load a box of Showboat's Niagara brochures into the back of my little hatchback and race off to the better part of a day, visiting the wineries west of Jordan. The brochures are put on prominent display so visitors can pick one up while they engage in wine-tasting and learn more about our city's theatrical jewel.

That's my turf, the west end. Sue and Dave Patterson do everything east of Jordan.

For me, this is a task in the labour-of-love category.

While I am no longer connected to Showboat as a board member, having resigned just before this year's annual general meeting, I volunteered to continue this annual rite of spring for this year. During the 2010 theatre season, I will be covering

Showboat for *The Tribune* and to do anything more than distribute brochures for this spring only might constitute a conflict of interest in some eyes.

I will miss my annual distribution of flyers. It's such a fun, stimulating day and last Friday was no different.

It begins with a visit with a visit to the Roseland Centre to pick up the brochures there, including artistic director Thor Currie, for whom I have a great deal of affection and respect.

It continues with pulling out of the parking lot, turning on 91.1 Jazz-FM on the radio dial at the intersection of Carter and Steele, and hitting the open road to Vineland and the QEW.

I take the Queen's Highway to Galt, then the 401 to St. Catharines, then Bartonsville, going south to King St. and doubling back, stopping at all the wineries along the way.

I love the wineries in the northeast part of the Niagara Wine Route, the ones along Lakeshore Road between St. Catharines and Niagara Falls. I stop at the 401 on Highway 55 from the QEW to Niagara-on-the-Lake, and the ones down the Niagara Parkway to between Niagara-on-the-Lake

and Queenston. And, of course, the new Wine Visitor and Education Centre at Niagara College's Teaching Winery is a spectacular facility, one not to be missed on any wine tour.

Yet there's something calm and peaceful about the west end, an entirely different experience from the north-east end.

I often think the west end of the Niagara

Wine Route is, while not necessarily the forgotten portion, perhaps the path less traveled. But for an afternoon of laid-back country cruising, it is so incredibly, breathtakingly beautiful on a very subtle and not-so-subtle level.

see IT WAS | Page 6

Each spring for the last couple of years, I load a box of Showboat's Niagara brochures into the back of my little hatchback and race off to the better part of a day, visiting the wineries west of Jordan. The brochures are put on prominent display so visitors can pick one up while they engage in wine-tasting and learn more about our city's theatrical jewel.

That's my turf, the west end. Sue and Dave Patterson do everything east of Jordan.

For me, this is a task in the labour-of-love category.

While I am no longer connected to Showboat as a board member, having resigned just before this year's annual general meeting, I volunteered to continue this annual rite of spring for this year. During the 2010 theatre season, I will be covering

CLASSIFIEDS
small ads **BIG** deals

BELL TV
SAVE \$100
After
New Customer
Credit*
*See store for details.

Bell
High-Definition Receiver
NOW 99.99* + tax

Port's Electronic Convenience Store
THE SOURCE MIKE'S
20 Charlotte Street • Port Colborne • 905-834-4223

Your Hometown Insurance Broker
with trusted advice at a great price!



Sandy White
For
Competitive
Prices,
Call for a
Free Quote
Today!

"Whites' Insurance went the extra mile to get me the best insurance package."

Carrie Armstrong, Port Colborne

WHITES'
INSURANCE BROKERS

45 Clarence St. W. Port Colborne
www.vergeinsurance.com

905.834.3228

Ask the HEALTH EXPERT

DR. BRUCE HOLUB, B. Sc. (Ph.D.)



Is your Fish Oil Supplement IFOS tested?

Why IFOS? (International Fish Oil Standards)

With the increasing concern for the purity and recent news stories exposing the negative effects of mercury and PCBs in some marine sources, the IFOS program continues to grow in popularity and prove its value as a reliable source for third party validation. Consumers are becoming increasingly aware of the many clinical benefits of omega-3, but are equally concerned with contaminants issues. The IFOS program delivers a unique venue for the omega-3 supplement industry to showcase credible product source.

Now Does IFOS compare to other certification programs like Good Manufacturing Practices and ISO 9000 Software?

The IFOS Program is concerned with the quality of omega-3 products as it relates to the international standards established by the World Health Organization or the Council of International Organizations for purity and consistency. The IFOS 101® certification program is concerned with the manufacturing process and consistency of manufacturing procedures behind the making of the omega-3 product. Quality of omega-3 product and quality of the manufacturing behind the omega-3 product are two very different.

Since, if a manufacturer is ISO certified, it means they follow the same guidelines but they may not have the same product line and that may not be documented and followed. That does not mean the omega-3 product is of high purity and high concentration.

Why does IFOS choose the CCRN and WHO standards over other standards such as European Pharmacopoeia?

IFOS is an international program, and the WHO and CCRN standards are the most widely accepted and used. The IFOS 101® certification program is the only one that uses the WHO and CCRN standards. These omega-3 products are sold as the standards for product. IFOS provides a one stop solution for consumers and omega-3 product providers in every country for a world wide benchmark of compliance.

Why is third party verification testing important?

All manufacturers of omega-3 product have a certificate of analysis for their product. The IFOS 101® certification program, will verify that the manufacturer's certificate of analysis is factually correct which provides the added comfort that you are finding premium product to support your health needs. The IFOS 101® certification program and many other factors may contribute to the degradation of an oil from initial manufacturing to the shelf. The IFOS program tests oil batches as finished product, in the same format a consumer would purchase the product.

Maximum quality fish oil for cardiovascular health.

ON! SALE NOW \$34.99
\$26.99
500 ml. bottle
SALE ENDS MAY 20TH
120 gelcaps



The Healthy Cupboard presents... Ask the Expert



Special Guest
**DR. BRUCE
HOLUB**

610
CKTS

**TANYA
BIRRELL**



This Saturday May 15, 2010 12pm to 1pm

NEW LOCATION!

PORT CLARENCE
101 CLARENCE ST.
(Across from FOOD BASICS)
905-835-9806

The Healthy Cupboard
fonthillcupboard@gmail.com

FONTHILL
111 HIGHWAY #20 E.
Across from Sobeys
905-892-9054

Join Us For Our
CUSTOMER APPRECIATION DAY
WILD WEDNESDAY JUNE 2ND

■ APPRECIATION: More than 40 volunteers come to dinner

Port Cares thanks those key to its success

KAESHA FORAND
InPort News Staff

PORT COLBORNE — Without volunteers, Port Cares couldn't provide a vast array of services to its clients.

Services such as the soup kitchen and fundraisers couldn't operate or generate funds if some of the organization's 150 volunteers didn't step up to the plate and help out.

"Volunteers are the heart of Port Cares, the work of Port Cares," said executive director Lynda Reinhart. "Volunteering is much more than a job — it's a chance to be part of a team."

Reinhart said last year the organization supported 50,000 individuals and families and said its volunteers come from all walks of life and vary in age.

Last week, more than 40 volunteers attended an appreciation reception at the Grand Hall. Volunteers received certificates and keychains and those who celebrated milestone volunteer years had their years of service engraved.

Vinny Purificati has volunteered with Port Cares for the past 15 years, working in its Reach Out Centre kitchen three days a week.

She first started volunteering because "I wanted to help out and meet people." Today she continues to volunteer because "I found it very friendly and it gives me somewhere to go."

Helping at a variety of events and activities has kept Jamie Lee active with Port Cares.

"There is always somebody that needs something," Lee said. "I just know they

need help and I know how hard it is to find help."

Volunteer co-ordinator Bachelle Anderson said there's a need for a large number of volunteers because while some volunteers on a regular basis others chip in on occasion.

They all have skills to put to work to help

Port Cares in any way they can.

"They work so hard for us and they really are the key to our success and that's the heart of the night," Anderson said of the celebration.

kforand@wellandtribune.ca

**TARGETED
ADVERTISING**
that works for
your business
INPUT NEWS

CLASSIFIEDS
small ads **BIG** deals
WANTED

TOWN SQUARE MANOR
Life Lease Retirement Living in Fonthill!

55 Pelham Town Square

TWO BEDROOM SUITE WITH Balcony-
Life Lease For Sale Available Immediately

FOR INFORMATION OR A PRIVATE VIEWING, CONTACT:
HARLAND YOUNG, Property Manager • 905.892.0927

Michelle's Place on West
Regular \$369
SALE \$299
Home & Garden Decor
Free Delivery in Niagara!
834-8649 • www.michellesplaceonwest.com

Dare to Compare the Chartwell Experience



*"Before coming here,
everything had become a
chore. I'm happier now.
The caring staff balance
my desire for independence
with the support
I need."*

With a variety of services and programs
in a comfortable setting, we can offer a retirement tailored to
you. Find out how enjoyable your retirement can be.

Call today to arrange your personal tour!

**CHARTWELL
SELECT
FIRST AVENUE**
163 First Avenue
Welland, ON
905.735.5333

Call 905-735-5333

www.chartwellreit.ca

A RETIREMENT OPTION OF CHOICE

Beautiful your yard this spring with help from your friends at...

**SPECTACULAR
TREES AND SHRUBS**
SHOP NOW
for the pick of the crop!

Come and enjoy
the experience of
choosing the perfect
tree or shrub
amongst the thousands!

Colourful, Vibrant
Fresh Annuals,
Perennials and
Hanging Baskets!

• Strawberry, raspberry,
blueberry and
blackberry bushes
• Fruit trees

**HUGE
Savings!**

**BIG SPECIAL
All water fountains 30% off**

Buy Soil and
Mulches In Bulk!

Premium Triple
Mix Soil **\$40/yd³**

Cedar and Pine
Mulches **\$48/yd³**

PAUL'S
GARDEN CENTRE
AND GIFT STORE
Open 7 Days a Week!

Premium products, great service,
fair prices... always!

Open Daily - Monday - Saturday 8am to 8pm Sunday 9am - 5pm • 19 Lincoln Street, Welland • 905.732.5123

■ **CELEBRITY CHEF:** Massimo Capra stops in Port Colborne

Chef believes in using local ingredients

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — Celebrity chef Massimo Capra has concocted meals in kitchens around the globe and has whipped up new looks for several restaurants.

Next on his plate: Niagara.

Capra has been hired to revamp the menu at Rainbow Room Restaurant in the Crowne Plaza Hotel in Niagara Falls sometime this year.

"I plan to use as many local and seasonal ingredients as I can," Capra said in an interview with *The Tribune*.

Capra, who appears regularly on CityTV's *Cityline* and has appeared on the Food Network's *Restaurant Makeover* and a number of other TV shows, was recently in Port Colborne at the home of Pietro and Rosa Greco, the parents of his TV production partner Frank Greco.

see COOKBOOKS | Page 9

COUPLES SPECIAL

Every Fri, Sat & Sun after 3 pm
Join us for **9 HOLES OF GOLF** Play the Owl, the Fox, or The Serpent Relax & take a **FREE RIDING CART** Choose from 3-5 entrees by Chef Wayne and enjoy a great buffet.

All for only **\$23.00**
BRING IN THIS AD & GET A TWO FOR ONE BEVERAGE WITH YOUR MEAL.
PRICE INCLUDES GRATUITY
Valid 2010 Season
FOR TEE TIMES 905-835-6864 - 877-835-6868
www.whiskyrungolf.com



DAVE JOHNSON Staff Photo

Rosa Greco, Rosa and Massimo Capra, Frank and Pietro Greco share a meal in the Greco's home recently. Celebrity chef Capra is partners with Frank Greco in producing a TV show.

LENNOX
SAVE UP TO
\$1200
ON SELECT HOME COMFORT SYSTEMS
BEAT THE HST

V.A. HOFFMAN
905-634-3783

ATTENTION: TRIBUNE CUSTOMERS IN PORT COLBORNE

**WE HAVE A NEW
DROP BOX
FOR YOUR PAYMENTS
LOCATED AT**

BOGGIO PHARMACY
200 Catharine St., Port Colborne



HOURS:
MON-TUE 9-8 WED 9-6 THURS 9-8
FRI 8:30-8 SAT 9AM-6PM

Green Acres Greenhouses
IT'S
PLANTING
TIME

We Have a Large Selection of

Hanging Baskets
Planters
Flats of Bedding Plants/
Vegetables Plants
4" pots & 6" pots
Spikes, Perennials, Wallbags
Buy Local Grown Plants

Come visit us at the Markets

Market Hours 9am-noon
Wed. Hagersville, Fri. Port Colborne, Sat. Welland
Mon-Sat 8:30am-6pm, Closed Sundays.
5242 HWY 3. WAINFLEET • 905-899-1201
1 MILE WEST OF CHAMBERS CORNERS

■ COOKBOOKS

Capra revamping menu

FROM PAGE 8

Chef co-owner of Toronto restaurants Mistura Restaurant and Sopra Upper Lounge, Capra believes in using local seasonal and organic ingredients.

"If something's not in season, we should be eating it. We should be eating something else."

He says many food items, such as lettuce from California, shouldn't be shipped across country due to the loss in quality.

"By the time the lettuce gets here it tastes like garbage. If you have it in California it tastes much better."

But as much as Capra is about local, seasonal and organic, he doesn't have a problem with frozen or preserved foods. He says in many cases, frozen or preserved foods are just as good as fresh and in other cases, actually preferable to fresh food.

"It's tough to get people to understand that; there's a stigma around them," he says. "Scallops and shrimp are great frozen."

Capra says frozen peas are actually better than peas he could buy fresh for his restaurant. Some foods, including peas, start to break down as soon as they are picked or caught. Seafood from the U.S. comes from New York or the U.S. West Coast. But at the time something like scallops are caught, brought to shore, shipped and in a supermarket, they can be days old and have lost their best flavours. Frozen scallops hold their flavour, he adds.

But if you really want fresh scallops,

there's nothing better than having them raw on the dock in Lunenburg, N.S., as Capra and Greco both have.

The pair had the scallops during the summer of 2009, but the date is not yet to be confirmed. The premise of the series is for Capra "to search for the best foods, meet new people as he explores and enjoys the opportunity to cook up a storm with a local chef," according to Greco's TGTV Inc. website.

The show has yet to be picked up, but the two have filmed in a number of locations, including Lunenburg, Niagara or on the list of locations where the pair will shoot an episode.

"Three weeks ago we were filming in South Carolina," says Greco, owner of the company that produces *The Travel Guy* travel show and *Foodie Guy* cooking show. In No Time downloadable recipes, and a new production which is to begin filming this fall called Neptune's Daughter.

"We met chef Sean Brock while in Charleston. He has his own farm, raises his own pigs and uses all seasonal food," says Capra. "We bought some pigs and cooked for guests for the filming."

Capra and Greco have also shot film in California and were recently in Iceland. They were at Eyjafjallajokul volcano, but two months before it erupted.

"It was quite fantastic there (Iceland). I want to go back," says Capra, who was born in Cremona, Italy. "The food in Iceland is second to none. They have beautiful

grass-fed beef, lamb and fish."

Cooking seafood such as scallops, shrimp, cod and halibut in Iceland are the freshest a person could ever have. "The ocean and water all around it is extremely unpolluted."

While there, he was asked to help judge at an annual Icelandic food festival with a chef from Norway and a chef from Iceland to prepare different meat and fish dishes. He saw 20 different preparations of halibut, ate sea bird eggs and lamb and tasted puffin. "Puffin tastes like wild duck."

Asked the one location he'd really like to visit, the chef who writes a food column in The Globe and Mail says Japan. He's a big fan of Japanese cuisine. Quality, taste, all sorts, matters in Japan and food is at a whole different level there.

"What I like is they have so much passion for food, they way the handle it, the way they work it ... they worship food, unlike many other cultures. Food is a gift and it should be treated with respect."

While most people won't be booking flights to Japan or Iceland to try the food,

they can capture the flavour of Capra's passion for food in his cookbook *One Pot Italian Cooking*. In its third edition, the book covers everything from soups and salads to rice and pasta to all manners of meats and sweets. The idea behind it is that everything is cooked in one pot, though some of the recipes require more than one pot, pan or bowl.

Capra is working on a new cookbook with chef Jason Parsons and Michael Bonacini. Parsons is chef at Peller Estates Winery Restaurant in Niagara-on-the-Lake and Bonacini is a celebrity chef and co-owner of Oliver's and Bonacini Restaurants, and also a television personality.

Capra is also working on another cookbook called *Emergency Pasta*.

"Pasta is the perfect emergency food. You can make a meal out of pasta in a hurry. Pasta can be done in many different ways with different ingredients and sauces."

For more on Capra and Greco, visit their websites — www.tgtvinc.com, www.mistura.ca and www.massimocapra.com.

johnson@wellandtribune.ca



**361 Davis St.
905-834-3634**



**UNBELIEVABLE
PAINT DEALS!**
**Great Deals on
BBQ, Lawnmowers,
Tools and More**

GRAND RE-OPENING CELEBRATION

2 DAYS | **FRIDAY, MAY 14
8am-8pm
SAT., MAY 15
8am-5pm**

- Prizes
- Draws

PC Lions
Charity BBQ



NOTICE OF MEETING

PUBLIC LIAISON COMMITTEE

for the

COMMUNITY BASED RISK ASSESSMENT for Soils Contaminated in the Port Colborne Area

Thursday, May 20th, 2010 at 7:00 pm
Council Chambers, City Hall

AGENDA

1. Approval of Agenda
2. Approval of Minutes
 - PLC Meeting of April 15th , 2010
 - PLC Meeting of April 29th , 2010
3. Updates of CBRA Activities
 - Release of Draft PLC Report
 - Status of LTF Report
 - Independent Consultant Report Status
4. Delegations
5. General Question and Answer Session
6. Next Meeting
7. Adjournment

Persons wishing to be "delegates" to the committee should register, in advance, with Dan Aquilina, Director of Planning and Development at (905) 835-2900 ext. 203, or, at danaquila@portcolborne.ca

■ **LOBSTER AND LAUGHS:** Tickets on sale for annual event

Get ready for good food and good laughs

InPort News Staff

PORT COLBORNE — Great food and great laughs will be served up at Port Colborne-Wainfleet Chamber of Commerce's annual Lobster and Laugh event this June.

Chamber office manager Edith Wagner said tickets for the Friday, June 11, event at Sherkston Shores are on sale now.

Tickets are \$50 each. Wagner said people wanting to come out for the evening should get them as soon as they can.

"We're trying to keep the event just under 200 people.

You can make reservations for a table for four people," she said.

"This is the chamber's signature fundraiser."

While the dinner part of the event always features lobster this year, the chamber is taking out the steak portion and replacing it with prime rib.

Wagner said @27 Restaurant is catering the event, which gets underway at 6 p.m. with drinks in Rafters, Sherkston's beach-themed event centre, followed by dinner at 7 p.m. and comedians Mark Bennett and Graham Davidson at 9 p.m.

"It's a great location to come out to and relax and we

won't have to worry about the weather," said Wagner.

The event had been held the past three years at Sherkston, on Empire Rd. in Port Colborne, and before that on the sands of Nickel Beach, weather-dependent venues.

For more information and to purchase tickets, contact the chamber office at 905-834-9765.



GIANT TIGER

200 Fitch Street WELLAND

MAY SAVINGS EVENT!

FRIDAY, MAY 14TH TO SUNDAY MAY 16TH



DOOR CRASHER!!!

ASTRO SMOOTH N' FRUITY YOGURT

97¢

650g
REGULAR \$2.57
LIMIT 3

SUBZERO WATER BOTTLE



HALF PRICE!

\$3.48

REGULAR PRICE \$6.57
335ML
+ BONUS COLOURED JACKETS



AS SEEN ON TV
EZ JET SPRAYER

\$16.97

• WASH-WAX OR FERTILIZE
• 8 JETS
• TOUGH ON DIRT, GENTLE ON PLANTS

BBQ SEASON!

99¢

YOUR
CHOICE



• 2 PK PLASTIC PLATES
• 50 STRAWS PLUS DISPENSER
• SET OF 3 PLASTIC TUMBLERS

A WORLD'S FIRST!
VOICE ACTIVATED UNIVERSAL REMOTE

\$14.97

COMPARE AT
\$29.99



SUPER BBQ DEAL!

FLANNEL-BACK TABLECLOTH

\$1.97

• ASST. PRINTS
• ASST. SIZES

200 FITCH ST., WELLAND ONLY!!



Prince Charles Dr



Summer's back! Head out & enjoy!

For days like today™

Cordless LED work light.
27 LEDs. Rechargeable.
Durable. AC and DC
12V chargers. 37-9405-6.
Reg. 29.99

17.99
ELIMINATOR

save
40%



Zip Wax
car wash.
16 oz.
31-864-4.
Reg. 18.99.
3.78L

7.59
save
60%



1/2 price

6' x 8' tarpaulin.
Protection against
the elements.
43-035-4. Reg. 5.99.
2.99



**C-14 realite™ interior
and exterior paint.**

Water-based primer for one-coat coverage. Low VOC
for low odour. With stain-guard for great durability.
4L-43024-0009

Reg. 39.99-44.99 - 3.78L.
Each **34.99-37.99**

save
\$5

NEW



4L-43024-0009

Reg. 39.99-44.99 - 3.78L.

Each **34.99-37.99**

GREAT IDEA!



vtech
5.8 GHz
3-handset
phone.
80-7981-0.
Reg. 74.99
39.99

save
\$35



3-piece forged
knife set.
Premium-quality
stainless steel blades.
8" chef's knife, 5" serrated
utility knife, and
3-1/2" paring knife.
42-2601-2. Reg. 49.99.
19.99

save
60%

Cuisinart
Cuisinart
knives.



HITCH INSTALLATION SERVICE

Purchase and install a Reese trailer
hitch and receive a:

\$9.99

BONUS
• Oil Change • Wheel Rotation
• Fluid Top-up

Synthetic and Synthetic Blend available at an extra charge
Free for used maintenance product disposed may apply

**SEASONAL
SERVICE COUPON**

\$9.99

CHECK THIS OUT:
HydroLight Flush retrofit
kit. Easy to install, allows your
household to choose from a quick or a
full flush. Installs in 10 minutes.
40-518-2. Reg. 34.99.
Each **29.99**

save
\$5



A greener
household starts today!

CHECK THIS OUT:
GREAT IDEA!

SIMONIAN 1700 PSI

Electric Pressure Washer.
Features plastic colour-coded project
tips for more efficient cleaning.
Comes complete with a 23' high-
pressure hose, 23' power cord, and
on-board detergent tank. 30-451-0.

Reg. 239.99 **139.99**

save
\$100



GARDEN CENTRE SPECIALS



Herbs.
Fabulous seasonings
fresh from your
garden. 4" pot
33-301-5.

2.49
EACH



**Wave petunias,
6-pk.**
In a variety
of colours.
33-3008-4. Reg. 9.99
Pk. 5.97

SAVE 40%

Spiraea.
2-gallon pot. Choose from
a wide selection of
varieties and colours.
33-3000-4. Reg. 14.99
Each 12.74

SAVE 15%



PORT COLBORNE MALL
WESTSIDE ROAD, PORT COLBORNE

905-835-1155

- HOURS -

MONDAY TO FRIDAY: 9AM TO 9PM

(Garden Centre closes at 6pm Monday to Friday)

SATURDAY: 9AM TO 6PM • SUNDAY: 9AM TO 5PM



■ **NOT IN HER FUTURE:** Darcy Feagan says politicians have a tough job

Teen's chapter as a page

DAVE JOHNSON
InPort News Staff

POR T COLBORNE — After witnessing Ontario's legislature in action, Darcy Feagan isn't too sure about a future in politics.

"After seeing what they want through every day ... I don't know if I'd want to do that myself," said the 14-year-old McKay Public School student.

The Grade 8 student spent three weeks as a page at Queen's Park after seeing a number of posts about the page program plastered around the school and applying to be accepted into the program.

She said the job of MPP seems very

stressful, with politicians having to think off the top of their heads and on the spot daily.

"I liked listening to everything and trying to understand it, but to actually be an MPP must be very difficult."

Feagan said at times the noise in the provincial chamber was very loud and made things confusing.

"The MPPs are trying to get their points across and they tend to yell when others are speaking; it makes it very difficult to follow things."

Question Period, she said, was when things got really loud.

Feagan would often read the newspapers the next day to see what their take was on

the various loud discussions and arguing. Despite all of the political bickering, she said at the end of the day MPPs were joking with each other and did have civil discussions on subjects they all agreed on.

As a page, Feagan was expected to memorize the names, faces and seating locations of all 107 Ontario MPPs — and she did.

But at times, with politicians waving and gesturing, she and her fellow pages, a group of 22 in total, weren't really sure if an MPP was calling for them or making a fist at an opposing party.

"They changed seats sometimes, too, making it difficult. But they helped you out and pointed to the MPP they wanted a

message delivered to."

Before starting the page's job, Feagan and the others, from all across the province, went through training.

They were shown the chambers and told how to sit and stand and how to address MPPs with their titles.

"We were told things we weren't allowed to do, like walk between the speaker and the (ceremonial) mace. It's called frogging, and one person actually did it."

After the training session, the group had the weekend off and started the job on a Monday.

see MPPS | Page 13

DENTURES: Things Every Denture Wearer Should Know: DID YOU KNOW?

- ▶ You should not wear loose dentures. Loose dentures can cause excessive friction and pressure toward the gum tissues and bones, resulting in painful sores and bone shrinkage. Have them checked.
- ▶ Dentures can warp if placed in hot water.
- ▶ Dentures can change shape if they dry out. When not in use, cover dentures with (room temperature) water or a denture-cleaning solution to prevent them from drying out.
- ▶ Dentures should be brushed inside and outside daily with a soft, large nylon denture toothbrush with round-ended bristles. Use denture creams instead of toothpaste, which is too abrasive and will scratch your denture. Rinse with cold water.
- ▶ Your mouth is constantly changing. Inspect your denture regularly for worn teeth and cracks.
- ▶ Be sure to visit your dentist regularly as part of your recommended check up schedule.
- ▶ Some medications can affect denture fit and wearability so be sure to discuss this with your doctor and dental professional.
- ▶ Only your dental professional is qualified to diagnose your oral health and adjust your denture or partial.
- ▶ Worn and stained dentures can make you look older and cause your dentures to function poorly.

When was the last time you saw your Denturist?

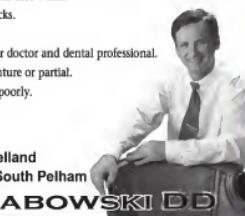
Call For *FREE* Consultation

905 788-9676

3-547 Thorold Rd., Welland
Corner of Thorold & South Pelham

DAN GRABOWSKI D.D.

PHOTO BY



**TARGETED
ADVERTISING**
that works for
your business

INPORTNEWS



THE ICE BOX
FROZEN TREATS & MORE
EAT-IN
50'S DINER

- homemade burgers
- hot dogs • poutine
- sausage on a bun
- chicken burger
- chicken fingers
- french fries
- onion rings
- and more

Cruise Night
TUESDAYS 5-9 pm

HOME OF THE "Slamboni"



- shakes • sundaes • razzals • banana splits
- floats • jumbo freezies • waffle cones
- 8 flavours of soft ice cream

MINI GOLF 18 HOLES ONLY \$3.00 PER ROUND

Book your
Special Event in our
Fabulous Backyard.
Call for Details

Owned & Operated by the "Weasners"

289-821-3144 • located @ H.H. Knoll Park

7 DAYS
A WEEK
11AM - 9PM

■ MPPS NICE

Pages met premier

FROM PAGE 12

"It was very nerve-racking. We were all worried we'd spill water on the speaker or MPPs or mess up delivering a note. Everyone did great and the MPPs were really nice."

Each of the pages had to be non-partisan and didn't end up working with one MPP more than another.

But on the last day of the job, all of them were taken to lunch by their respective MPPs.

For Feagan, that meant lunch with Peter Kormos.

"It was great. We talked about a lot of the really interesting things, like the pharmacy issue and sex-ed curriculum changes."

In addition to meeting with their local MPPs, the pages also had lunch with the house speaker and Premier Dalton McGuinty.

"The speaker (MPP Stephen Peters) told us about his political life, how he was the mayor of his town and then went on to become MPP. We got to meet with the premier, too."

McGuinty talked about his political life and what got him interested in politics. He also asked the pages about what music they had on their iPods.

"The meeting with the premier was a bit more formal, but he was a really nice guy."

Feagan said her fellow pages were all really nice, too.

"It was a great group and we got along very well. We've planned to try and get together sometime this summer."

Feagan said her three weeks went by so fast and that if she had a chance, she'd love to do the job again. But she can't, as pages are allowed to serve only once.

"Maybe I'll try Ottawa when I'm in university," she said.

djohnson@uelandtribune.ca

Presented By: ROYALLEPAGE Niagara Real Estate Centre
Brokerage, Independently Owned and Operated

Saturday, May 15th, 2010

From: 8:00 am
to 1:00 pm



St. Catharines 16 Hiscott St. 905.688.4561

Beamsville 4520 Ontario St. 905.653.7775

Welland 637 Niagara St. 905.734.4545

DONATIONS ACCEPTED

Monday - Friday 9 am to 4pm from April 26th to May 14th

(Donations can be dropped off at our Royal LePage office
in Port Colborne 368 King St and Fonthill 1815 Merritville Hwy J)

Saleable Household Items, Furniture, Appliances
Please No Clothing or Shoes - No Computer or Printer Components

ROYALLEPAGE



ALONG THE LAKESHORE

■ AT THE PORT COLBORNE PUBLIC LIBRARY

PORT COLBORNE AND WAINFLEET

In painting, sculpture and works on paper by artist Larry Rosnik April 19th to June 28, 2010 in the Library Atrium. Meet the artist Thursday, May 13, 11 a.m. to 8 p.m. Slideshow and talk presented 2 p.m. to 3 p.m. and 6:30 to 7:30 p.m. in the auditorium.

Kids Yoga with Nadia Esposito @ the Port Colborne Public Library May 4 to June 22 from 4 to 5 p.m. For ages 4 to 10. Eight weeks for \$35 or \$5 for an individual class. To register or for more information please call Nadia at 905.329.9841 or e-mail nadiae@rogers.com.

PORTAL VILLAGE PLAZA

Killaly St. W. & Steele St
PORT COLBORNE

Do you find it difficult to understand others?
Do you have trouble hearing the TV or phone?
Give Your Ears "A Helping Hand"
Have your hearing tested by your local professional, today!

MAY
Special Offer
Come In and See Us
Get **FREE** pick of batteries
one per hearing aid customer

SMITH
HEARING & OPTICAL CARE
905-835-6607
482 Steele Street • PORT COLBORNE

Smith Optical

Summer Sunwear Program

50% off*
your 2nd set of lenses
when purchasing a combination of clear prescription and prescription sunwear ordered at the same time.

Contact Lens Specials Frames 20% off Eye Exams Arranged

SMITH OPTICAL
Vision & Hearing Care
482 Steele St. **905-835-6607** Port Colborne

*SOME CONDITIONS MAY APPLY. FOR DETAILS, DISCOUNT JUMP IS 10% OF LENSES OF LESSER VALUE.

■ **HOUSING:** Showboat season set to start soon

Actors need homes for upcoming season

InPort News Staff

PORT COLBORNE — Showboat Festival Theatre is looking for housing for actors and technicians for its 2010 season.

Thom Currie, Showboat's artistic director, said every year actors and technicians from across Canada come to work at Port Colborne's professional summer theatre at Roselawn Centre.

"If you have an extra bedroom, basement suite or apartment that might be suitable for an adult actor or technician to live for five to six weeks, please get in touch with the Showboat

as soon as possible," Currie said in a news release.

"The more private, the better, both for yourself and your guest. As long as the guests have their own bedroom, access to a kitchen and a bathroom, with some additional shelf space, they will be very happy."

"And don't forget, a negotiable weekly rent is paid."

Showboat needs housing for any and all of the following dates: May 25 to July 4, June 21 to July 25 and July 12 to Aug. 15.

If you're interested, contact Currie at 905-834-0633 or by e-mail at showboat.festival@gmail.com.

RECIPE of the Week

May 14th to May 27th

INGREDIENTS

Cajun Panko Fish Fillets

1. Wet frozen fish fillets under running water. Shake off excess water. Place flour in a plastic bag. Put fish fillets in bag, a few at a time & thoroughly dredge with flour. Dip fish in beaten egg.

2. Combine Panko Crumbs & Cajun Seasoning in a plastic bag. Shake fish in bag, a few at a time, until well coated.

Cooking Methods: (Choose A or B)

A. Pan fry in a mixture of canola oil & butter, until fish is golden & flakes easily.

B. Spray a baking pan with non-stick cooking spray. Preheat oven to 450 degree F. Bake fish for 20-25 minutes, until flakes & golden brown.

10% off our product ingredients

• All-purpose Flour • Panko Bread Crumbs • Cajun Seasoning

JOIN US ON SENIOR'S DAY*

Monday, June 7th

55 years & over - receive 10% off total purchase
Complimentary Coffee & Cookies Served

NEW PRODUCTS NOW AVAILABLE

Port Country Pantry
Serving your bulk food needs

\$10, \$20 & \$30

GIFT CERTIFICATES NOW AVAILABLE

OPEN:
Mon-Thur.
9:30am-5pm
Fri, 9-5pm
Sat, 10-4pm

Port
Charlotte
Ontario
N0H 1L0

50 CHARLOTTE ST. (near City Hall) • 289-836-9522

64187607

■ **MCHAPPY DAY:** Raising funds for a good cause



DAVE JOHNSON Staff Photo

Wainfleet Ald. Ron Kramer, left, and Port Colborne Mayor Vance Badaway, share a laugh during McHappy Day last year at McDonald's in Port Colborne. Port Colborne McDonald's franchise employees were just some of the people that manned the counters at the fast-food restaurant to help raise funds for Ronald McDonald House Charities. McDonald's franchise owner Larry Martin said \$1 from sales of every Big Mac, Happy Meal and McMuffin sandwiches went toward the charity.

licence2view

Each week we will print 6 licence plate numbers. If your licence plate number is listed, be the first caller to leave a message with your name, telephone number and time of call.

CALL 905-732-2414 EXT 392

INPORT NEWS

ONTARIO
MAPPIE
YOURS TO DISCOVER

ONTARIO
DARCY XO
YOURS TO DISCOVER

ONTARIO
75 CENTS
YOURS TO DISCOVER

ONTARIO
COOP 28
YOURS TO DISCOVER

ONTARIO
BELINDUZ
YOURS TO DISCOVER

ONTARIO
COSBY1
YOURS TO DISCOVER



WIN
2 JUMBO VIDEO COUPONS

281 King Street
Port Colborne 905-834-9744



Daybreaker



Edge of Darkness



Legion

It's a
Buyer's
Market...

Get the
Edge!



HOMES



RENTALS



AUTOMOTIVE



RECRUITMENT

INPORT NEWS

FUNDRAISER: Father helps son kick off ride

DAVE JOHNSON Staff Photo

Ted and Bert Dekker pedal away to kick off a fundraising bike ride from Port Colborne to Hamilton. Ted Dekker is trying to raise \$400,000 for St. Joseph Elementary School in Hamilton through the Green Tux Project. The project is to help make the Hamilton school's property greener, safer and more accessible for children. Ted and a group of parents from the Hamilton school rode through rain, hail, wind and cold weather last week. The five-hour ride raised \$8,600, with more to come in.

FERAL CATS: Program saves cats**The purr-fect night out in Port Colborne**

InPort News Staff

PORT COLBORNE — It will be the purr-fect night out.

The Port Colborne Feral Cat Initiative is hosting a fundraiser at Talwood Manor, 303

Fielden Ave., on Wednesday, June 9, from 7 p.m. to 10 p.m.

Guests will be able to browse local vendors, enjoy treats and refreshments, and visit little furry felines available for

adoption. The evening will include a silent auction, raffles and tarot card readings.

To see the cats available for adoption visit <http://pcferalcats.posterous.com>.

A FUN CONTEST FOR THE WHOLE FAMILY AND A GREAT CHANCE TO WIN!

WHO'S WHO?

2010 CONTEST

APRIL 20TH TO MAY 15TH, 2010 • ENTER TODAY AND YOU COULD WIN!



JUST IDENTIFY AS MANY PORT COLBORNE AREA BUSINESS PEOPLE

AS YOU CAN ON THE FOLLOWING PAGES AND YOU MAY:

WIN \$400
SECOND PRIZE: \$200 • 3RD PRIZE: \$100

Who's Who
Drop Off:
Port Country
Pantry
50 Centre Street
Port Colborne, ON

SPOTLIGHT on service

NIAGARA MOTORCYCLE RACEWAY

EVERY SATURDAY NIGHT 7 P.M.

MAY 29, Track Practice Day

JUNE 5-26 & JULY 3-10, All Classes

JULY 17, Speedway National

JULY 26-28, Dirt Track Championship & 'The 750's'

SEPTEMBER 11, The NMRA Fall Classic

Web: www.wellandmotorcycleclub.com603 NETHERBY ROAD, Welland (East of Highway 148) • e-mail: wmrclub@hotmail.com**DO YOU HAVE ASH TREES?**

BUCHANAN
expert tree care

Call **Bill Buchanan**, Board

Certified Master Arborist for a free
consultation on how to protect your
Ashes from Emerald Ash Borer.

905-892-6579

Niagara
FARM METAL PRODUCTS
• COMMERCIAL • RESIDENTIAL • AGRICULTURAL • ROOFING & SIDING • CUSTOM THIN

Earl Clapp
1351 Centre Street
Fenwick ON L0S 1C0
Ph. 905-892-5178
Fx. 905-892-1612
Toll Free 1-800-282-7146

J. SNEEK PLUMBING & HEATING

FREE ESTIMATES * GREAT SERVICE * GREAT RATES

CALL JOHN SNEEK

HOME: 905-834-2135 • BUSINESS: 905-964-2518

GATHERING: Classmates meet up in Burlington

Port High reunion a big success

For InPort News

BURLINGTON — After seven months of planning and organizing for a Port Colborne High School Reunion, former classmates and graduates from 1954 to 1960 gathered at the Burlington Holiday Inn on April 17 and 18 for what turned out to be a warmhearted, emotionally charged and enlightening event.

For the co-ordinators, Fran Phillips Cohen and Susie Witmer Albano, the result was more than satisfactory. Seeing the wide grins, affectionate hugs and genuine bonds of unforgotten friendship made all their work worthwhile.

Last fall after reconnecting as friends on Facebook, these

two women, along with a third Facebook friend, George Pyle, commented about the possibility of having another reunion. Letters were sent to over 11 newspapers throughout Ontario, phone and e-mail contacts were made and the word was spread.

People came from Arizona, Texas, Florida, Maryland, North Carolina, Pennsylvania and even Wisconsin as well as throughout the whole province of Ontario. The Saturday night dinner reception was held for 53 people, and the Sunday luncheon guest list totaled 100.

Among the many former celebrated teachers, Mr.

Ron Castle, former music teacher, Miss Mary Lyons and

Mrs. Janet Truckenbrodt Cipley, former Phys Ed teacher,

and Mrs. Stella Tonoff Buck, former English teacher. Photo-

tographs were taken of each grade level group, as well as many individual shots, which will be uploaded onto a website for viewing or through e-mail.

The day had brought forth a warm, cozy feeling, a feeling of appreciation for growing up in the 1950s, in the wonderful town of Port Colborne. An "In Memory" poster of all those former classmates and teachers who have passed on was on display as well as a nostalgia table with memorabilia and pictures depicting their high school days.

Fran and Susie are already starting to plan for another reunion to be held in the fall of this year.

Reunions are very special events. The bonds and memories made back in our high school days are everlasting and as represented by this group, cherished forever.

Support your

Local Merchants

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get
professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly
and FREE estimate

"Don't settle on part time service"

Ph: 905-894-8599

Simplify Your Life

- ✓ LIST WITH FRANK
- ✓ SOLD
- ✓ DONE

Cell FRANK RZYCKI
(Direct) 905-834-7653

PORT COLBORNE'S #1 HOME SELLER
2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019



Sears

Visit our...

LARGE SHOWROOM
at our new location

183 Main St East
Port Colborne 905-835-5881

Shop Local

*Support Our
Local Merchants*

MAY PHOTO FRENZY

BOGGIO PHARMACY



200 Catharine St. PORT COLBORNE

**DIGITAL
PRINTS
4" x 6"**
(regular 29¢)

Every Wednesday

**15¢
50 PRINTS
OR MORE**

AVAILABLE WEDNESDAYS IN MAY!

905-834-3514



General Employment A800

1 IN PARDONS Homebased record keeper. Express Pardon offers the **FAIREST & LOWEST** prices and the **FASTEST** service. BBB Accredited **FREE** Consultation. Toll free: 1-866-19-6772 www.ExpressPardon.com

NOW HIRING

ESTHETICIAN & NAIL TECHNICIAN For our new service, professional, well educated, aestheticians. Please call (205) 354-3820 or fax (205) 354-3820 **Thorold Rd** **Wolcott.**

General Employment A800

JOB HAT FASHION & AESTHETICS

READY FOR SOMETHING NEW Fresh Start. Looking in the Classifieds

IMMEDIATE NEED

LANDSCAPE **CLASSIFIEDS** Looking for **supervisors** & **skilled laborers**. Email resumes to **mjeffs@lastminute.ca**

General Employment A800

bravo! www.bravo.ca

NOW HIRING Exciting New Restaurant Location. Cooks, Prep Cooks, Servers, Bernders, Hostesses, Dishwashers. Apply in person at **Al's SUPPLY** 5435 Ferry St.

Drivers A830

International Transport Carrier **Storage** **based company**

IS SEEKING

A-Z Company Drivers Min 3 years border experience for refrigerated freight. **Call Lori** (905) 643-6101 ext 26 www.18wheelerjobs.com

Person to Person A956

ALCOHOLIC, ANONYMOUS www.al-anon.ca

DRINK, IT'S YOUR BUSINESS If you want to call it quits with alcohol, it's your business. 905-656-2140 www.al-anon.ca

Psychics A995

LOVE MONEY LIFE www.1800psychic.com

1-877-249-0000 Credit Card/Debit

1-800-888-3800 www.mylovedeckreaders.com

Rubbish/Junk/Waste S310

BOB'S TRUCKING Small

trash & delivery, 2 man

truck & trailer.

905-735-0646

Topsoil S340

BYD'S TRUCKING Small

trash & delivery, 2 man

truck & trailer.

905-735-0646

Business/ Franchise Opps S380

BECOME AN EVENT PLANNER with the IEWP (TM) www.iewp.com own successful business

franchise. **IEWP** is a registered trademark.

D.V.D.s assignments, and

more. www.iewp.com

1-866-541-6757

www.iewp.com

Wanna Sell Your Boat?

Bring Your Boat down to
SugarLoaf Marina in Port Colborne

Only \$50 - \$65 to put your boat in the Boat Sale for the weekend!!

6TH ANNUAL

**Buy, Sell or
Trade Event
for Used Boats**



sugarloaf marina
Port Colborne

Opens its docks to the public
SATURDAY JUNE 5TH

Used Boats will be on display
10:00 am until 4:00 pm

Along with NEW BOATS from
PORT COLBORNE MARINE

PORT COLBORNE
MARINE



Port Colborne Auxiliary Coast Guard
POCOMAR crew will be on site.

Power Squadron on-site.

Info on Boating Courses and VHF.
BBQ and Music!!

BUYERS...

Just show up Saturday and buy the boat You always wanted!!

3 MARINA ROAD, PORT COLBORNE • 905-835-6644



**COME
DISCOVER
BOATING!**

Held on
ONE DAY,
at **ONE PLACE,**
with
ONE MISSION
in Mind!!
TO MOVE
THOSE BOATS!!